CLAIMS

I claim:

1. A heart rate monitor, comprising:

a housing;

a microcontroller having a heart rate algorithm programmed therein disposed within said housing;

a heart rate input device communicating with said microcontroller; and

a heart rate color display field disposed upon said housing, displaying one of a plurality of colors homogeneously and uniformly over said color display field according to signals received from said microcontroller and according to heart rate input processed by said microcontroller from said heart rate input device.

2. The heart rate monitor according to claim 1, further including a user variable input device disposed upon said housing and communicating with said microcontroller.

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3. The heart rate monitor according to claim 2, wherein said user variable input device is configured for at least one user variable selected from the group consisting of age, gender, height, weight, and fitness activity level.

4. The heart rate monitor according to claim 2, wherein:

said housing comprises a case configured for wearing upon the wrist of a user;

said case further includes a wrist strap extending therefrom; and

said user variable input device comprises a rotating bezel disposed about said case.

5. The heart rate monitor according to claim 4, wherein:

said case includes a plurality of radially disposed electrical contacts communicating with said microcontroller; and

said rotating bezel includes an internal electrical contact, selectively communicating with said plurality of electrical contacts within said case.

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6. The heart rate monitor according to claim 2, wherein:

said housing comprises a stand extending upwardly from a stationary exercise machine; and

said user variable input device comprises a keypad disposed upon said stand.

7. The heart rate monitor according to claim 1, wherein:

said microcontroller determines which of said plurality of colors is displayed upon said color display field in accordance with the Karvonen formula; and

said plurality of colors comprise blue corresponding to a heart rate range of from fifty to sixty percent of the base heart rate, green corresponding to a heart rate range of from sixty to seventy percent of the base heart rate, red corresponding to a heart rate range of from seventy to eighty percent of the base heart rate, yellow corresponding to a heart rate range of from eighty to ninety percent of the base heart rate, and black corresponding to a heart rate range of from ninety to one hundred percent of the base heart rate.

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8. A heart rate monitor, comprising:

a case configured for wearing upon the wrist of a user;

said case further including a wrist strap extending therefrom;

a microcontroller having a heart rate algorithm programmed therein, disposed within said case;

a heart rate input device, communicating with said microcontroller; and

a heart rate color display field disposed upon said case, displaying one of a plurality of colors homogeneously and uniformly over said color display field according to signals received from said microcontroller and according to heart rate input processed by said microcontroller from said heart rate input device.

9. The heart rate monitor according to claim 8, further including a user variable input device disposed upon said case, and communicating with said microcontroller.

10. The heart rate monitor according to claim 9, wherein said user variable input device comprises a rotating bezel disposed about said case.

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11. The heart rate monitor according to claim 10, wherein:

said case includes a plurality of radially disposed electrical contacts communicating with said microcontroller; and

said rotating bezel includes an internal resistor, selectively communicating with said plurality of electrical contacts within said case.

12. The heart rate monitor according to claim 9, wherein said user variable input device is configured for at least one user variable selected from the group consisting of age, gender, height, weight, and fitness activity level.

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13. The heart rate monitor according to claim 8, wherein:

said microcontroller determines which of said plurality of colors is displayed upon said color display field in accordance with the Karvonen formula; and

said plurality of colors comprise blue corresponding to a heart rate range of from fifty to sixty percent of the base heart rate, green corresponding to a heart rate range of from sixty to seventy percent of the base heart rate, red corresponding to a heart rate range of from seventy to eighty percent of the base heart rate, yellow corresponding to a heart rate range of from eighty to ninety percent of the base heart rate, and black corresponding to a heart rate range of from ninety to one hundred percent of the base heart rate.

14. The heart rate monitor according to claim 8, further including a user variable digital display disposed over said color display field.

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15. A heart rate monitor, comprising:

a stand extending upwardly from a stationary exercise machine;

a microcontroller having a heart rate algorithm programmed therein, disposed within said stand;

a heart rate input device, communicating with said microcontroller; and

a heart rate color display field disposed upon said stand, displaying one of a plurality of colors homogeneously and uniformly over said color display field according to signals received from said microcontroller and according to heart rate input processed by said microcontroller from said heart rate input device.

16. The heart rate monitor according to claim 15, further including a user variable input device disposed upon said stand and communicating with said microcontroller.

17. The heart rate monitor according to claim 16, wherein said user variable input device comprises a keypad disposed upon said stand.

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18. The heart rate monitor according to claim 16, wherein said user variable input device is configured for at least one user variable selected from the group consisting of age, gender, height, weight, and fitness activity level.

19. The heart rate monitor according to claim 15, wherein:

said microcontroller determines which of said plurality of colors is displayed upon said color display field in accordance with the Karvonen formula; and

said plurality of colors comprise blue corresponding to a heart rate range of from fifty to sixty percent of the base heart rate, green corresponding to a heart rate range of from sixty to seventy percent of the base heart rate, red corresponding to a heart rate range of from seventy to eighty percent of the base heart rate, yellow corresponding to a heart rate range of from eighty to ninety percent of the base heart rate, and black corresponding to a heart rate range of from ninety to one hundred percent of the base heart rate.

20. The heart rate monitor according to claim 15, further including a user variable digital display disposed over said color display field.

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